



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35089, Fish, whitefish, mixed species, raw (Alaska Native)

Report Date: July 16, 2017 03:12 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 72.80 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Energy | kcal | 131 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Energy | kJ | 546 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Protein ¹ | g | 18.90 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Total lipid (fat) ¹ | g | 6.10 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Ash ¹ | g | 2.20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Minerals | | | | | | | | | | | | | |
| Iron, Fe ¹ | mg | 0.29 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

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|----------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Magnesium, Mg ¹ | mg | 33 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Phosphorus, P ¹ | mg | 280 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Potassium, K ¹ | mg | 317 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Sodium, Na ¹ | mg | 51 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Zinc, Zn ¹ | mg | 0.99 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Copper, Cu ¹ | mg | 0.072 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Vitamins | | | | | | | | | | | | | |
| Thiamin ¹ | mg | 0.130 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Riboflavin ¹ | mg | 0.130 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Vitamin A, IU ¹ | IU | 540 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated ¹ | g | 1.370 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Fatty acids, total monounsaturated ¹ | g | 2.560 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Fatty acids, total polyunsaturated ¹ | g | 1.820 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| 18:2 undifferentiated ¹ | g | 0.290 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| 18:3 undifferentiated ¹ | g | 0.240 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |
| Cholesterol ¹ | mg | 55 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical data from the literature, partial documentation | -- | 04/2004 |

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993